



National Nutrient Database for Standard Reference  
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## Statistics Report 11013, Asparagus, canned, regular pack, solids and liquids

Report Date: July 04, 2017 19:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	94.32	186	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Energy	kcal	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Energy	kJ	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2013
Protein	g	1.80	158	0.021	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Total lipid (fat)	g	0.18	142	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Ash	g	1.22	146	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Carbohydrate, by difference	g	2.48	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2013
Fiber, total dietary	g	1.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
<b>Minerals</b>													
Calcium, Ca	mg	15	166	0.326	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Iron, Fe	mg	0.60	195	0.034	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Magnesium, Mg	mg	9	143	0.129	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	38	153	0.385	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	172	112	3.682	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Sodium, Na	mg	284	21	16.414	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2013
Zinc, Zn	mg	0.47	78	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.107	78	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Manganese, Mn	mg	0.152	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Selenium, Se	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	16.5	120	0.468	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Thiamin	mg	0.054	138	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.089	156	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.851	153	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.124	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	85	3	10.820	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	85	3	10.820	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1984
Folate, DFE	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2013
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	526	203	11.237	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin E (alpha-tocopherol)	mg	1.16	--	--	--	--	--	--	--	--	Calculated or imputed	11019	05/2013
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2013
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:0	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:1 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Fatty acids, total polyunsaturated	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	02/1996
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
<b>Amino Acids</b>													
Tryptophan	g	0.018	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Threonine	g	0.050	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Isoleucine	g	0.066	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Leucine	g	0.078	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Lysine	g	0.085	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984
Methionine	g	0.017	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1984

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Tyrosine	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Valine	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Arginine	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Histidine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Alanine	g	0.085	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Aspartic acid	g	0.209	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glutamic acid	g	0.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Glycine	g	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Proline	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Serine	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2013
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2013